

# THE GREAT COMMUNICATOR



## Bomb Builders





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Donnie Ryan

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JO2 Stephanie Senn

## The end of another day

As the sun sets over the Arabian Gulf, USS Cape St. George (CG 71) cruises through the open water providing support for U.S. and Coalition Forces. Cape St. George is currently serving as the flag ship of Combined Task Force Five Eight (CTF 58) and is deployed as part of a routine rotation of U.S. maritime forces in support of Operations Iraqi Freedom and Enduring Freedom, as well as conducting Maritime Security Operations (MSO) in the region. Photo by PHAN (AW) Kathleen Gorby



## On the front cover



**Cover photo by**  
PHAN (AW)  
Kathleen Gorby

Aviation Ordnance-  
man 3rd Class Ray-  
mond Johnson from  
Passale, New Jer-  
sey squints against  
the setting sun as he  
stands poised with a  
60 caliber machine  
gun in hand on the  
flight deck of USS  
Ronald Reagan (CVN  
76).

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## Staff Writers

PH3 (AW)  
Dominique  
Lasco  
LI3 Paul Ahlers  
PH3  
Sarah Foster  
PH3 Chris  
Blachly  
**Stringers**  
Lt. Cmdr.  
Bryant Hepstall

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# Bomb Builders

A look at the vital role of Aviation Ordnancemen in air combat

By PH3 (AW) Dominique Lasco  
Staff Writer

What makes a warship battle-ready? Bombs! And on an aircraft carrier, no one knows bomb building like Weapons Department's G-3 Division.

"I chose my rate for the reason that most AOs do," said Aviation Ordnanceman 2nd Class Daniel Trombley. "I wanted to work with explosives."

According to Trombley, a proud "bomb builder" for the last four and a half years, the work he does alongside his fellow AOs isn't

always easy.

"It's a fast-paced environment," said Trombley. "Building bombs has to be done right and it has to be done right the first time. Attention to detail is key. It could literally be the difference between life or death."

Trombley's first tour was aboard USS Theodore Roosevelt during 9/11, building more than 200 bombs a week. Down in the magazines he and his teammates unpackage and assemble all aspects of ordnance before they make it to the F/A-18s. At the end of the day, the unused

ordnance is disassembled with the same care. So far this deployment, the bomb builders of G-3 have built more than 38 live bombs and on Feb. 22, they got to see their work in action via videotape. They saw Ronald Reagan's first live ordnance detonate on a target.

"It makes you realize that you've actually done something," said Trombley. "You're pretty excited because you know that this is actually influencing what people do."

"We can't support the troops on the ground without fused

ordnance," said Lt. Scott Berg, a pilot with VFA-22. "That is why bomb builders are keystones of our operations."

According to Trombley, he knows that he is contributing to defending our troops.

"It makes me proud to do what I do because it comes full circle," says Trombley. "That Marine on the ground is someone's son that I'm protecting while he's on the ground protecting our country. At the end of the day, it may have saved someone's life."

## Commander, US 5th Fleet welcomes RRSg to AOO

By JOC (SW) Donnie Ryan

Managing Editor

Vice Adm. Patrick M. Walsh, Commander, U.S. Naval Forces Central Command, Commander U.S. Fifth Fleet, Commander Combined Maritime Forces visited USS Ronald Reagan (CVN 76) Feb. 27 to welcome the ship's crew, air wing and embarked carrier strike group staff to the Fifth Fleet Area of Operations (AOO).

The Ronald Reagan Carrier Strike Group is currently supporting Operations Iraqi Freedom and Enduring Freedom as well as conducting maritime security operations (MSO) in the Arabian Gulf. Reagan's aircraft have been supporting ground troops in Iraqi around the clock since arriving in the Fifth Fleet AOO less than a week ago.

"Your critical support to U.S., Iraqi and multi-national forces on the ground is vital," Walsh told Reagan Sailors. "Because of the contributions of the soldiers, Sailors and airmen who preceded you, the Iraqi people have the opportunity to determine their own future, a future free from oppression. It's their country and their future. It's up to them to decide what Iraq will ultimately look like, but without your efforts and your guarantees, this will not be possible."

5th Fleet ... Cont. on page 4



PHAN (AW) Kathleen Gorbey

Vice Adm. Patrick M. Walsh, Commander U.S. Naval Forces Central Command, Commander U.S. Fifth Fleet, Commander Combined Maritime Forces speaks to chief petty officers aboard Ronald Reagan (CVN 76) about the importance of the U.S. Navy in the Arabian Gulf.



# InsiderdotCom

## Explore your Faith

[www.explorefaith.org](http://www.explorefaith.org)

This site is a community of faith dedicated to sharing their beliefs and experiences with anyone seeking answers to spiritual questions. Explorefaith.org is a non-profit organization with a growing list of partner churches that support its mission and development. This site and its associates are deeply committed to ongoing spiritual formation for people of all ages and all backgrounds, living in countries around the world. The site's sole reason for being is to provide an open, non-judgmental, private place for anyone interested in exploring spiritual issues. It celebrates diversity and respects the insights that can be gained through the wisdom of different denominations and religious traditions.

## Log on to Religion

[www.religion-online.org](http://www.religion-online.org)

This site has more than 5,700 articles, monographs, speeches and chapters online. Topics include Old and New Testament, Theology, Ethics, History and Sociology of Religion, Communication and Cultural Studies, Pastoral Care, Counseling, Homiletics, Worship, Missions and Religious Education. Religion-online.org also contains an easy to use search engine and you can index by category or author. Religion-online is designed to assist teachers, scholars and general "seekers" who are interested in exploring religious issues. The aim is to develop an extensive library of resources, representing many different points of view, but all written from the perspective of sound scholarship.

## This Day in History

### 1961 Peace Corps established

On March 1, 1961, President John F. Kennedy issues Executive Order #10924, establishing the Peace Corps as a new agency within the Department of State. The same day, he sent a message to Congress asking for permanent funding for the agency.

### 1950 Ripley's Believe it or Not Debuts

The TV series "Ripley's Believe It or Not," featuring strange and unusual phenomena, begins broadcasting.

## 5th Fleet

*Continued from page 3*

According to Walsh, MSO set the conditions for security and stability in the maritime environment as well as complement the counter-terrorism and security efforts of regional nations. MSO deny international terrorists use of the maritime environment as a venue for attack or to transport personnel, weapons and other material.

"With MSO, you will play a key role in helping to set the conditions necessary for stability in the region," said Walsh. "You are not in this alone. One third- of our maritime force is coalition. It is important to understand that no one country can tackle this challenge alone given the vast expanse of the ocean and collective interest."

"You are arriving at a critical time," said Walsh. "While the mission may seem tedious and routine at times, the daily routine is the most important times to keep our skills sharp and focused. Those skills can't be summoned at the moment of crisis if they've been squandered by complacency, or inconsistency, or a compromise of our standards."

"The success of Maritime Security Operations and support to multinational forces on the ground in Operation Iraqi Freedom is now in your hands," said Walsh. "You are trained, ready, and I have every confidence that you will succeed."

"This is an important time in our history and one which I think you find both interesting and rewarding," said Walsh. "I am glad that you are here and that you will be playing a critical role in our efforts to help set the conditions for security and stability throughout the region."

During his visit, Walsh also met with chief petty officers from Reagan, Carrier Strike Group Seven (CCSG 7) and embarked Carrier Air Wing Fourteen (CVW-14) to discuss concerns and liberty policies in the Fifth Fleet AOO.

Reagan is the Navy's newest Nimitz-class nuclear powered aircraft carrier and is currently on its maiden deployment. Commissioned in 2003, the San Diego based aircraft carrier is part of a routine rotation of U.S. maritime forces in the U.S. Fifth Fleet area of operations.

## WANTED CAPTIONS



Calling all comedians! So you think you're pretty funny, huh? Come up with an amusing, *appropriate* caption for this photo and send it to [sennsd@cvm76.navy.mil](mailto:sennsd@cvm76.navy.mil) with "Caption Contest" in the subject line. The winning caption will be posted in the next issue.

### LAST ISSUE'S WINNERS

#### FIRST

Monthly PMS check on ABE3 Airman. 15 shots of GP grease in head to lubricate rusty gears.

*AN Summer Vaught  
Air/V-2*

#### SECOND

A Sailor maintains his flight deck robot.

*YNSN (AW) Bradford Clarke  
VFA 22*



#### THIRD

Refilling these machines is just part of the job.

*AT3 (AW) Everett Wardlaw  
AIMD/IM3*





## C-12s -- A Valuable Asset to Maritime Security Operations

By JO2 Cassandra Thompson, Commander, U.S. Naval Forces Central Command/Commander, U.S. 5th Fleet Public Affairs

**MANAMA, Bahrain (NNS)** -- The C-12 airplanes operating out of Naval Support Activity (NSA) Bahrain's aviation depot are currently serving as valuable assets to maritime security operations (MSO), particularly logistics support, in the U.S. 5th Fleet area of operations, according Lt. Patrick Brown, Coalition Task Force (CTF) 53 routing officer.

## Emory S. Land Heads South for Gulf of Guinea Deployment

From Commander, Naval Forces Europe/Commander, U.S. 6th Fleet Public Affairs

**NAPLES, Italy (NNS)** -- As part of a larger U.S. interagency effort towards greater stability in Africa, approximately 1,400 Sailors and Marines aboard USS Emory

S. Land (ESL) (AS 39) are deploying to the Gulf of Guinea (GoG) region in late February 2006.

The deployment will include numerous bilateral maritime safety and security training opportunities. The familiarization efforts will focus on maritime domain awareness, leadership development, natural disaster response, and medical awareness and disease prevention.

## Hurricane Katrina Responders Recognized

By JO1 (SW) Rob Wesselman, Naval Mobile Construction Battalion 74 Public Affairs

**GULFPORT, Miss. (NNS)** -- Mississippi Sen. Trent Lott honored Seabee and Marine first responders, as well as other military and civil service employees serving at Naval Construction Battalion Center (NCBC) Gulfport, for their Hurricane Katrina recovery and relief efforts at a ceremony held on base Feb. 24.

A military member from each Gulfport command was presented

with the Armed Forces Service Medal and the Humanitarian Service Medal. A civil service employee representing all NCBC civilian employees was presented with the Armed Forces Civilian Service Medal.

## Midshipmen Make History in the Ring

By JO2 Matt Jarvis, U.S. Naval Academy Public Affairs

**ANNAPOLIS, Md. (NNS)** -- Two Midshipmen made history in the 65th Annual Brigade Boxing Championship held at the Naval Academy Halsey Field House, Feb. 24.

In separate matches, Midshipman Jeremy Biggs and Midshipman Greg Watten each battled their way to record fourth championship titles.

In the 65-year history of the Brigade Boxing Championship, only 12 other boxers have won four consecutive titles.

## NASCAR Team Visits "Seahawks"

By PH2 (AW/SW) Erika N. Jones, Fleet Public Affairs Center, Pacific

**CORONADO, Calif. (NNS)** -- Helicopter

Maritime Strike Squadron (HSM) 41, the "Seahawks," spent a day in the fast lane with National Association for Stock Car Auto Racing (NASCAR) driver Casey Mears at Naval Air Station North Island, Feb. 23.

NASCAR team members tried on flight gear and sat in two of the squadron's Seahawk helicopters, the SH-60B and MH-60R. They also experienced helicopter flight training in the tactical operational flight trainer simulator and participated in a night-vision goggle demonstration.

## Reservists "Remember" a Part of Naval History

By JO1 (SW/AW) Steven Bansbach, Naval Reserve Readiness Command Northeast Public Affairs

**BANGOR, Maine (NNS)** -- Navy Reservists from Naval Reserve Center Bangor, Maine, paid tribute to 355 Sailors and Marines Feb. 15, marking the 108th anniversary of the USS Maine (BB 2), which sunk in Havana Harbor, Cuba, in 1898.

Six Reservists participated in the ceremony as part of the flag detail as Lt. Cmdr. Brian Emory, commanding

officer of Naval Reserve Center Bangor, Maine, gave the memorial address.

## Turning Troops to Teachers; A Chance to Serve Again

By PHAN Chelsea Kennedy, Fleet Public Affairs Center, Pacific

**CORONADO, Calif. (NNS)** -- Naval Base Coronado Sailors attended an informational meeting at Coronado's base theater Feb. 23, where representatives from Troops to Teachers talked about transitioning into a teaching career after the military.

Troops to Teachers was established by the Department of Defense in 1994. Reflecting the focus of the No Child Left Behind Act of 2001, the primary objective of Troops to Teachers is to help recruit quality teachers for schools that serve students from low-income families throughout America. The program also helps fill teacher positions in high-need subjects, such as special education, math and science.

Sailors with a baccalaureate degree or higher are eligible to begin the teaching certification process. Most Sailors may already qualify to become a vocational/technical teacher.



# READER'S CHOICE

Currently,  
what's your  
favorite  
book?



**AOAN Michael Martinez**  
"Odd Thomas by Dean  
Koontz."



**SHC (AW/SW) Hector Razo**  
"Anything by Tom Clancy."



**MA2 (SW) David Ochsenfeld**  
"The Giver"



**AO2 William Doyle**  
"The Da Vinci Code  
by Dan Brown."

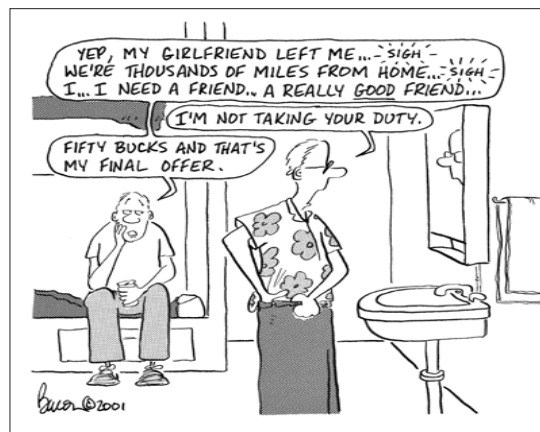
## Letters to the Editor

This is my brother's story when he was in Iraq from December 2004 – January 2006

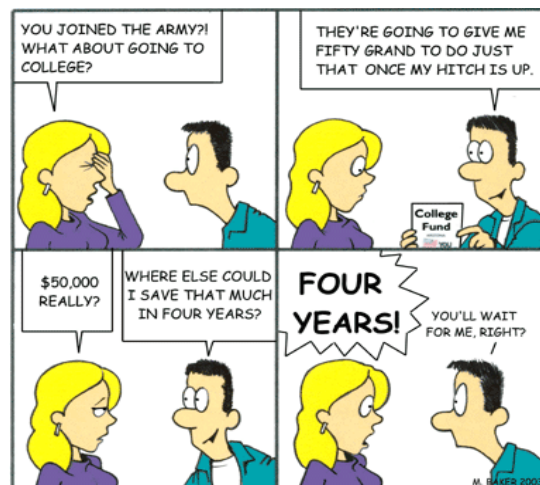
My brother Spc. Christopher A. Murray assigned to 3rd Infantry Division out of Ft. Steward Ga, just got home in January of this year. He's a truck driver and they were running missions from Tikrit to the Syrian boarder. They were in a convoy going to the Syrian boarder with 4 or 6 trucks and the 1st truck was hit by an IED and they were getting ambushed from the ridge line by about 20-25 insurgents from their right. They were being fired at by varies small arms and 88mm rockets. Chris dismounted his truck and moved forward trying to get to one of his buddies in a forward truck and was hit in the leg by shrapnel. He continued moving forward until he got to the forward trucks and moved this wounded buddies behind the 3rd and 4th truck to safety and was able to move in for support. Two or three minutes later, he thinks that two F-18s came in and cleared the area out. He said if it wasn't for those planes he doesn't know how long they could have held up. He made sure to e-mail me and let me know us "Navy boys are the s\*\*\* and saved his a\*\*." For his actions that day he was awarded the Silver Star and Purple Heart.

Very Respectfully,  
MM2 (SW/PJ) Murray

### Broadside by Jeff Bacon



### Private Murphy by Mark Baker



## Today's Movies

0830-1900  
Ch. 2 - Sin City  
Ch. 3 - Mr. & Mrs.  
Smith  
Ch. 4 - Win a Date  
with Tad Hamilton

1900-0730  
Ch. 2 - Cannonball  
Run 2  
Ch. 3 - Interview  
with the Vampire  
Ch. 4 - Stuck on You

## Tomorrow's Movies

0830-1900  
Ch. 2 - Texas  
Chainsaw Massacre  
Ch. 3 - The Tuxedo  
Ch. 4 - Stealing  
Harvard

1900-0730  
Ch. 2 - A Beautiful  
Mind  
Ch. 3 - Panic  
Room  
Ch. 4 - Barbershop

## Just for Laughs

Comics provided by  
Military.com

### Sempertoons by Charles Wolf





# Father and daughter reunite aboard during OIF

By Lt. Cmdr Bryant Hepstall

*Stringer*

Lt. Cmdr. Curtis Michel, a Navy reservist who volunteered to serve for six months in support of the Naval Air Mediterranean Repair Activity (NAMRA) Detachment Iraq, had no idea that 10 months later he would still be in Iraq supporting military operations. Nor did he have any idea that he would get the chance to see his daughter, Aviation Mechanic 3rd Class Bethany Michel while deployed. But that is exactly what happened on Feb. 25 aboard USS Ronald Reagan (CVN 76).

A 20-year reservist, Michel first came in the military in the late 1970s and served for nine years as an active duty Aviation Electronics Technician before deciding to take a different route and become a civilian. However, his love for the military and his country resulted in him joining the Navy reserve. He later applied for and was commissioned under the

Navy Reserve Limited Duty Officer program and has been in the active reserves ever since.

As a successful entrepreneur in the Information Technology (IT) industry, Michel is the executive Vice President of the IT section of Smart Video, a company that is developing and furthering cellular telephone technology.

"When the need for a reservist

Michel and his detachment of five Reservists and nine DoD employees in Iraq perform structural repair on almost every type, model, and series of aircraft operating in the Iraqi theater. His skilled branch of artisans are called upon and dispersed to all areas within the Iraqi region in support of repairing combat aircraft.

Bethany Michel, assigned to the

that the ship was going to be in the same area of operations as her dad, she had no idea that she would ever be able to see him.

Reagan's AIMD Officer, Cmdr. Art Pruett, along with Ainsworth, helped to arrange the reunion in conjunction with Ainsworth's visit to the ship for a NAMRA conference being held aboard the ship.

"I could not believe it when Cmdr. Pruett told me that my dad was coming on board and I was going to see him," said the younger Michel. "This was a great surprise and an awesome way for me to show my dad what I do out here. It's an experience that I think we'll both always remember."

Both the younger Michel and her father will be operating in the same area of operations for the months to come, and the bond between father and daughter has most certainly been strengthened as a result of this rare opportunity to have them reunited for a day while deployed.

***"This was a great surprise and an awesome way for me to show my dad what I do out here."***

**-- Aviation Mechanic 3rd Class Bethany Michel**

came up, Curtis was the first to raise his hand," said Cmdr. William Ainsworth, NAMRA's commanding officer. "He's done a great job and we could not have picked someone better to do what he does. Now we're only concerned about who is going to relieve him."

Aircraft Intermediate Maintenance Department (AIMD) aboard Reagan, is trained in composite and structural repairs, traits that her dad admires.

"She's not afraid to get her hands dirty," said the proud father. Although the younger Michel knew



Department:  
VAQ 139  
Job Title: AME  
Egress Systems  
technician  
Where are you  
from?  
Topeka, Kan.  
What inspires  
you? Good  
attitudes  
Why did you join  
the Navy?  
Training  
Who do you hold  
responsible for  
your success?  
Myself  
What piece of  
advice would you  
pass on to others?  
Work hard



**AMEAN Ryan Bivens**

**February 28, 2006**



**AS3 Neu Martin**

**March 1, 2006**

Department:  
AIMD  
Job Title: Support  
Equipment  
Technician  
Where are you  
from? Savk  
Rapids, Mn.  
What inspires  
you? No answer  
Why did you join  
the Navy? See  
the world  
Who do you hold  
responsible for  
your success? My  
father  
What piece of  
advice would you  
pass on to others?  
Work hard



# Catch the Spirit...



## Surgeon General's Warning:

Spirit of 76 is known to be highly contagious. If you or anyone you know has or may have come in contact with an infected shipmate, report to the nearest cleaning gear locker immediately. Severe cases may require the use of a sponge and general purpose cleaner.